

Spanish Rice w Hamburger¹⁵

Number of Servings: 15 (501.37 g per serving)

Amount	Measure	Ingredient
7 1/2	cup	Water, tap, municipal
1 1/2	tsp	Salt, table, iodized
3.00	cup	Rice, brown, med grain, ckd
3.00	lb	Beef, ground, hamburger, pan browned, 10% fat
6.00	cup	Tomatoes, puree, cnd
4 1/2	cup	Onion, white, fresh, chpd
4 1/2	cup	Peppers, bell, green, sweet, fresh, chpd

Nutrients per serving

Nutrition Facts	
Serving Size (501g)	
Servings Per Container	
Amount Per Serving	
Calories 340	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 320mg	13%
Total Carbohydrate 43g	14%
Dietary Fiber 5g	20%
Sugars 5g	
Protein 23g	
Vitamin A 20%	Vitamin C 90%
Calcium 4%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.

Must use TOMATO PUREE for accuracy in analysis.

Carefully measure salt and add to water which has been brought to a boil. Add brown rice, stir and slowly simmer, covered, until tender - approximately 45 minutes.

Chop onions and green pepper. Brown hamburger and onions together. Add tomato puree and green pepper (if participants do not care for green peppers then frozen green peas can be substituted for the green peppers). Mix with cooked rice and put in foil covered steam table pan(s). Bake at 300 degrees for 1 hour.

1 serving = 3 CS. 1 serving = 1 1/3 cup.

1 serving = protein, vegetable and whole grains

Spanish Rice w Hamburger¹⁵

Number of Servings: 15 (501.37 g per serving)